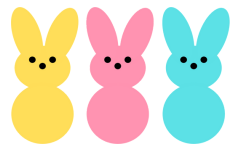




## HEALTH & WELLNESS

Get ready for an exciting fitness experience with ERS's NEW Wellness Manager, Wes Bogard! Elevate your well-being with our invigorating chair exercise class, suitable for all fitness levels. Join us every Tuesday from 10:30 am to 11:30 am and embark on a journey to enhance your strength and balance. Don't miss out on this fantastic opportunity to prioritize your health and wellness. See you there!



### Pest Control Inspection

2nd Thursday of the Month  
9:30am -11:00am  
Common areas

### Building Information

Joyce Manager: 527-7050  
Ann, Service Coordinator: 218-5237  
Wes, Wellness/Exercise: 818-6377  
Sue, Activities: 527-7058  
Transportation: (513) 431-9767  
**Maintenance: 1-877-235-1331**

## Transportation



### Krohn Conservatory- \$10.00 Charge

#### MARLOW BUS SCHEDULE

3/01/24	Krohn Conservatory/ Izzi's Deli	11:00am
3/06/24	Aldi Colerain	9:30am
3/16/24	Trader's World	11:00am
3/18/24	Kroger Springdale	2:30pm
3/21/24	Free Store	9:30am
3/25/24	Ross Dress for Less	9:30am
3/29/24	Amish Country/ Cracker Barrel	10:30am

#### TRANSPORTATION PHONE LINE

513-431-9767

- All reservations must be called into the transportation line (513.431.9767) by 4:00 p.m. the day before any scheduled trip.
- There is a \$1 charge per trip.
- Monica will only wait 10 minutes after the designated pick-up times.  
See Calendar for places, dates, and time  
+++++

Norris Hayes 3/2  
Virginia Burnes 3/8  
Christine Barker 3/12  
Denise Barnes 3/15  
Sandra Graham 3/16  
Brenda Gipson 3/16  
Gloria Mack 3/18



# RESIDENT NEWSLETTER

MARCH 2024

### Service Coordination News

Ann Patterson

**Office Hours: Monday, 8am-4pm**

**Phone:** You can reach me M-F on my direct line at 218-5237 for any questions.

#### Free Tax Prep Resources

The deadline to file taxes is Tuesday, April 18. If you need to file taxes and need assistance doing so, AARP and United Way offer free tax prep assistance. There are lists of nearby sites in a manila envelope on the bulletin board in the Community Room. Or go online to <https://taxaide.aarpfoundation.org/> OR <https://www.uwgc.org/get-help/free-tax-prep> for more information. Schedule an appointment at a site of your choice as soon as possible, as appointments fill up quickly.

#### Council on Aging Lunch & Learn Monday, March 11 at 12:30pm

Antoinette Moore from Council on Aging will provide information about Council on Aging, including: COA's programs & services, Home52 transportation, caregiver support, utility assistance, farmers market, and wellness support. Please join to learn more about the services and resources available to you from Council on Aging. Sign up if you plan to attend, so we can include you in the count for lunch.



#### ERS Wellness Manager

Hello my name is Wes Bogard, I am excited to be the new wellness manager for ERS affordable living. I have a Bachelors and Master's in Kinesiology, Nutrition, and Health from Miami University and experience working with individuals of all health and fitness levels. I am thrilled to have the opportunity to build a comprehensive wellness program at each of our communities which will include fitness, nutrition, and community based programs. Keep an eye out for my updates on the exciting programs heading your way – and don't hesitate to drop by and say hello when you spot me in your community.



## March 2024 Activities



### XAVIER GAMES

Friday, March 1 at 2:30

#### NOTE TIME & DAY CHANGE

The students from St. Xavier High School will be here to join us for an afternoon of games. Come play a variety of games and test your skills.



### MARCH ST. PATRICK'S DAY BINGO

Monday, March 4 at 3:30

May the luck of the Irish be with you as we play St. Patrick's Day Bingo! Come have fun, win prizes and don't forget to wear your green.



### LUNCH & LEARN

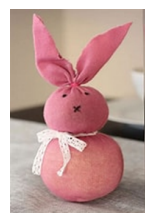
with COUNCIL ON AGING

Monday, March 11 at 12:30

#### NOTE TIME CHANGE!

Join us for lunch and meet Ms. Moore from Council on Aging. She will talk about the wide variety of programs & services available to residents at Marlowe

*Marlowe is a residential community of Episcopal Retirement Services*



### EASTER BUNNY CRAFT

Monday, March 18 at 3:30

Some Bunny wants you to come to activities and make a cute bunny. No sewing required! Join us to make these adorable little bunnies.



### BASEBALL & BULLSEYE TARGET TOSS GAME & SNACKS

Monday, March 25 at 3:30

.Let's celebrate Reds Opening Day! Come play some word games and test your skills having fun playing this new bean bag game. Let's laugh & enjoy snacks with our neighbors and see who can hit the target.



### SUPER BOWL PREDICTION \$15.00 GIFT CARD WINNER

Chris Schiferl

See Sue during activities to claim your prize!



### MARCH MADNESS

Monday, March 25

Complete March Madness Sweet 16 Bracket Challenge.

### MARCH MADNESS

Join the fun & games as we play along with March Madness! Complete a Bracket Challenge paper for a chance to win a \$25gift card!! Bracket papers will be COMPLETED Monday, March 25 DURING ACTIVITIES 3:30-5:00 for the Sweet Sixteen teams!



### Calling all EGG-CELLENT guessers!

The end of March look for a fun Easter game posted by the sign-up sheets for a chance to win prizes.

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### Marlowe Card Club

Wednesdays, 5:00 in the Community Room

Join the residents at the card club! Feel free to bring snacks if you want! We will play different card games. We welcome your suggestions!

*Marlowe is a residential community of Episcopal Retirement Services*



## MARCH JOKES

Q: Which crime fighter likes March the most?

A: Robin

Q: Why is March the most popular month to use a trampoline?

A: It's spring-time.

Q: Which type of bow can't be tied in March?

A: A rainbow.

Q: What falls during March but never gets hurt?

A: The rain.

Q: Can February March?

A: No, but April May.

Q: What March flowers grow on faces?

A: Tulips (2 lips).

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### Bible Study

Every Thursday at 7pm!